



**OLDER MEN:*NEW IDEAS* (OM:NI)
INCORPORATED**

**"Ideas about
Forming an
OM:NI Group"**

July 2015



<http://omninsw.waggamatters.com>

Forming an OM:NI group

Why establish an OM:NI group?

The evidence base for the promotion of OM:NI groups is that groups formed on the basis of the concept of OM:NI have been successful in providing a supportive, confidential and trusting setting that has proved beneficial to older men. The benefits of membership in OM:NI groups are that OM:NI groups: enable men to identify and access their personal and community resources; promote healthy living; reduce stress; empower men to better manage their lives; enhance family relationships and fellowship with friends; and generally improve older men's sense of self esteem and wellbeing in the community.

No other community groups achieve such comprehensive benefits for older men.

The committee of OMNI Incorporated has agreed to contribute up to \$200 for the establishment of a new OMNI group, and provide the OMNI video and publicity flyers. The incorporated body also provides Public Liability Insurance cover for all registered OMNI members.

Ideas about how to form an OM:NI group

A number of OM:NI groups have been established over the past three years and in the course of doing this a set of steps has evolved which seems to have been quite successful if the continuity of the groups established is the measure of success.

The initiative for setting up an OM:NI group can come from an individual working alone as the facilitator, from an individual utilising the assistance of an established organisation or from a number of local community services such as Health, Centrelink, Home and Community Care, service clubs such as Rotary, Lions, or Apex and social planners in city or shire councils, in a partnership. All three approaches are dealt with in the following notes.

Communicate with OM:NI via <http://omninsw.waggamatters.com> for further ideas and discussion.

Three approaches to forming an OM:NI group

(A) An individual establishes an OM:NI group

Having studied the booklet "Guidelines for OM:NI Groups" and documents about facilitating OM:NI groups you may be motivated to form a group in your area. You may have a mate or find one keen to help you with this venture.

- Firstly, look around your area for a suitable meeting place. It must ensure privacy (the lounge area of a club would not be suitable), be available for the regular fortnightly meetings, have heating and cooling and preferably kitchen facilities. You can use a room that requires you to have public risk insurance as OM:NI has such insurance.

Notes prepared by Ray King raymondking1@optusnet.com.au amended May 2015

- Then make a list of notice boards where you could advertise your idea. Some shops and community notice boards provide such a facility.
- Use either the A4 or A5 Handbill available on our website to download and edit to advertise your venture.
- Decide, whether to seek contact from a number of men in your area to ensure some attendees or to launch straight into a meeting. It may be easier to arrange for men to phone you to record their interest before arranging a meeting.
- Check your local paper, members of parliament, local council: anyone who may help promote your efforts.
- Try to attend an OM:NI meeting near you or ask us using our contact page to provide a member or two to explain the benefits they derive from OM:NI.

(B) An OM:NI group is established through partnership with an existing organisation

- Firstly, talk to organizations in your area. Some organizations like Community Centre and Neighbourhood Centres have plenty of activity for women & children and would like to develop some men's activities. You may find your local clubs interested in this project.
- It is important to look at organizations that can provide a quiet private area twice a month for meetings because of the need for confidentiality.
- Determine whether the organization requires or desires public liability insurance and what their membership fees would be. It maybe necessary to join their organization to access their facilities as well as joining OM:NI (\$10 per member per year which covers public liability insurance for members).
- Consider whether it is better to use the organisation's facilities to enable men to be able to contact you before calling a meeting.

(C) A number of organisations in partnership establish an OM:NI group

This approach involves gathering together a number of stakeholders representing organisations which have an interest in enhancing the health and wellbeing of older men. We have used this approach several times in establishing OM:NI groups. We have found that the following sequence of steps has been useful in getting an OM:NI group started.

Step 1. Create Awareness-Take Action

- In order to explore and confirm the need for an older men's group, consult with local services such as: Area Health Service, local Home and Community Care Office, Elderly peoples settlement or homes, Community Health Services, Centrelink, Centacare Offices, Older Women's Network (OWN), City or Shire Council.
- Get support for, or agreement about, the need for an OM:NI group.
- Research the location of potential OM:NI members. *These services are usually able to say whether they have potential OM:NI members they would be willing to approach.*
- Ask the names of people who would be able to form a working party for the establishment of an OM:NI group.
- Contact these people and establish their interest and commitment to be part of the working party.

Step 2 Convene the working party*

- Convene, or have some member from the above groups convene, a meeting of working party members.
- Ensure that a member of the local council will be able to attend. (*They could be asked to chair the meeting.*)
- Consult with local services to set a location, date and time for the meeting. *Set this date and location as early as possible following the agreement for the formation of an OM:NI group.*

(* OM:NI groups once established are self-supporting. Hence we refer to a working party not a steering committee. The working party is dissolved once the OM:NI group has been established. This is a good point to make with members as it means that their participation can be brief-just to do the job).

Step 3 Seek sponsorship

- Contact the local Rotary Club (or other organisation) and ask to do a presentation about OM:NI as a visiting speaker. Negotiate a date for the presentation that falls soon after the first meeting of the working party.
- Present the OM:NI PowerPoint, or video or introduce OM:NI and have two or three current members talk about what OM:NI has done for them. An OMNI video is available for this and lasts for about 7 minutes. It is self-explanatory.
- Ask the organisation for sponsorship of a public meeting to set up the OM:NI group. Costs include advertising, some photocopying, postage and expenses associated with providing morning tea OR a light lunch at the public meeting. Approximate costs overall would be \$350.00.
- Ask if any members would be able to join the working party.
- Get ideas about a possible facilitator for the new group. (*We have found that the most likely organisation for sponsorship is the local Rotary Club*)

Step 4 Hold the first Working Party meeting

- Arrange for the first working party meeting to be chaired if possible by the local council member.
- Circulate an agenda for the first meeting which would include the following items:
 1. Planning the public meeting:
 - a) propose tentative date and venue that has easy access, air conditioning and space for about 40 people, b) produce suggestions about a speaker - *usually the program has a speaker on men's health or on the needs of older men- preferably a local doctor or well known citizen*, c) suggest people to record names and addresses of older men at the door and make name labels with large print of first name, d) investigate possible providers of morning tea and lunch- quotes of costs if possible, e) allocate responsibility for advertising, distribution of flyers, interviews with media etc. preferably local people for all of these tasks. Discuss ideas about a facilitator.
 2. Publicity
 - a) notices in the local papers, b) an article about OM:NI, c) a TV interview,

d) an interview for the local newspaper and, e) flyers for local shops, surgeries, service locations etc. (*There are standard formats available for articles, advertisements, and OMNI has flyers and booklets*).

Step 5. Hold subsequent Working Party meetings

- Hold the second and perhaps the third working party meeting chaired if possible by the same local council member.
- Circulate the agenda for the second meeting which would include the following items:
 1. Report on the progress with advertisements and flyers
 2. Report on progress with main speaker
 3. Report on progress with TV and newspapers
 4. Report on progress with potential attendees and possible facilitator
 5. Examine the venue and facilities
 6. Confirm luncheon or morning tea/afternoon tea arrangements and costs
 7. Prepare the program and any handouts for the public meeting
 8. Brief the chairman of the public meeting
 9. Set up venue for first OM:NI meeting to be held as soon as possible following the public meeting so as to maintain the interest.

Step 6. Conducting the public meeting:

- A suggested morning program.

10.00am – 11.00am

Morning tea, followed by a welcome, introductions and thanks. Older men attendees introduce themselves very briefly from their seat. Speaker talks about men's health or men's issues, allowing time for questions or discussion. Try to identify a facilitator.

11.00am to 12.00 noon

OM:NI video presentation or presentation by existing OM:NI members (and perhaps wives). Set up mock meeting involving existing OM:NI members and potential OM:NI members from audience sitting in a circle. Questions from the floor are answered by existing OM:NI members.

Record names of people who wish to attend the first meeting with contact details. Advise date, time, venue etc for first meeting and take details of potential members unable to come on the date of the first OM:NI meeting. Thanks and close.

12.00 noon

Luncheon (if sponsored) but you could just close the meeting.

(We have found that the first meeting of the newly established OM:NI group is best held the week after the public meeting not waiting for two weeks later. The time and day should be the same as for the public meeting but the venue may differ. The new OM:NI group can then determine whatever time, venue and day they wish to meet for subsequent meetings).

Ray King and Herb Sowter July 2011 amended May 2015

Notes prepared by Ray King raymondking1@optusnet.com.au amended May 2015

Some Suggestions about the first meeting of an OM:NI group*

Prior to group commencing time:

1. Select and Copy handouts for distribution during the meeting: eg.
 - “Welcome to our Men’s group”
 - “Safety Issues”
 - “OM:NI flyer” (if not already distributed)
 - “A selection of topics for group discussion”
 - “Guidelines for OM:NI Groups”
2. Arrange chairs in a circle,
3. Have a pad with space for names, addresses, phone numbers, birthdays etc.
4. Have Membership forms and receipt book if members wish to pay OM:NI subscription.

Beginning the meeting:

Welcome each man and introduce yourself as he enters the room
Ask him to write his name and address (etc) on the form provided
Give him an interim name label with first name in large letters
Introduce members to each other
Invite men to be seated in the circle
Remove any vacant seats from the circle
Acknowledge the men for having the courage to come to the group
Allow time for latecomers at first meeting

Structure of the meeting:

Start the meeting with 2 minutes of silence and deep breathing
Leader introduces himself and tells how he became involved in OM:NI
Invite each man to introduce himself briefly (name and where he is from) and how he heard about OM:NI
Pass round “Welcome to our men’s group” and have each man read a paragraph in turn
Emphasise the 5th paragraph “We really listen to each other”
Ask if anyone has questions
Ditto remaining handouts. Emphasise “Confidentiality”
Coffee break (15 mins)
Provide a receptacle for or collect any membership moneys from those who wish to pay.
(In many groups each man donates \$1 or \$2 to the kitty to cover the cost of tea/coffee, milk, biscuits and sugar and maybe an additional \$2 for the cost of rent/ newsletter postage etc).
Each man to introduce himself again with just first name and a brief history of himself, work, family, country of origin etc... (Max 5 mins each)
Pick a topic from the list and invite each man to think about a response for the following fortnight
Thank the men for coming today and ask the men to all shake hands
Each man to put away his chair.

Before next meeting

Ring each member and remind him about the next fortnightly meeting at least 4 days before the meeting.

*Prepared by Bill Whitting, October 2006, amended 2011, 2015 by Ray King

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